

A Mental Health Advanced Directive (MHAD) is a legal document that you complete

that details instructions and wishes for mental health treatment in times when you are too ill to make your wishes known. The Directive is also known as a Declaration for Mental Health Treatment or a Psychiatric Advanced Directive.

KEY BENEFITS of having a Mental Health Advanced Directive

- ★ Promotes autonomy and empowerment in your mental illness recovery
- ★ Enhances communication between you and your family, friends, health care providers, and other professionals
- ★ Protects you from being subjected to ineffective, unwanted, or possibly harmful treatment or actions
- ★ Helps prevent crises and the resulting use of involuntary treatment or safety interventions such as restraints or seclusion

“It is difficulties that show what [we] are.” Epictetus

To learn more about Mental Health Advanced Directives, contact VA Butler Healthcare's Primary Care Social Workers at 724.287.4781 or VA Butler Healthcare's Mental Health Social Workers at 724.477.5039.

VA Butler Healthcare

...providing quality health care to our nation's Veterans

ARMSTRONG COUNTY VA OUTPATIENT CLINIC

Klingensmith Building
313 Ford Street, Suite 2B
Ford City, PA 16226
724.763.4090

CLARION COUNTY VA OUTPATIENT CLINIC

AC Valley Medical Center
855 Route 58, Suite One
Parker, PA 16049
724.659.5601

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

Freedom Square
1183 Freedom Road, Suite A101
Cranberry Township, PA 16066
724.741.3131

LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724.598.6080

MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724.346.1569



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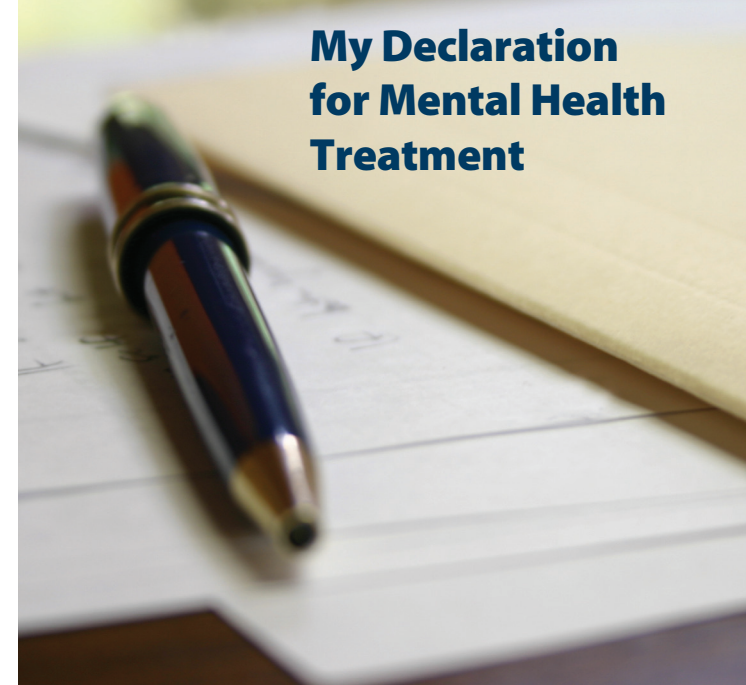


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Mental Health

My Declaration for Mental Health Treatment



Advanced Directives

VA Butler Healthcare
325 New Castle Road
Butler, PA 16001
800.362.8262
724.287.4781

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Should I have a Mental Health Advanced Directive (MHAD) if I'm not sick?

A Mental Health Advanced Directive can help to **improve communication** between you and your doctor, you and other staff, and you and the family members involved in your recovery. Having a Mental Health Advanced Directive may shorten a hospital stay or help you avoid one all together.

After completing a **Mental Health Advanced Directive**, be sure to have several copies of your Directive made. One can be placed in your mental health chart. Keep one so that your loved ones can present it on your behalf if you go to the hospital.



You Can Make Your Choices Known

What types of instructions can be included in an MHAD?

You can include the kind of **treatment you would or would not want to have**. Examples of patients' preferences are:

- ★ **Medications for psychiatric treatment**
- ★ **Emergency interventions (e.g., seclusion, restraint)**
- ★ **Electroconvulsive therapy (ECT or shock treatment)**
- ★ **Consent for research studies**
- ★ **People you do not wish to visit you**
- ★ **Who you would want to be your power of attorney in the event you could not make your wishes known.**



Can I Use my Wellness Recovery Action Plan (WRAP)?

The Wellness Recovery Action Plan is a structured system for monitoring uncomfortable and distressing symptoms and, through planned responses, reducing, modifying or eliminating those symptoms. It also includes plans for responses from others when your symptoms have made it impossible for you to make decisions, take care of yourself, and keep you safe.

If you have completed a WRAP Plan, you may substitute the **Crisis Portion** to make your mental health treatment wishes known.

You can complete the **Mental Health Care Preferences Worksheet** online at www.ethics.va.gov/docs/policy/Advance_Directive_Worksheet-Mental_Health_Preferences_20080617.doc. Just fill it out, print it, initial and date it, and return it to your VA Social Worker.

To learn more about Mental Health Advanced Directives, visit:
Pennsylvania Psychiatric Society
www.papsych.org

National Resource Center for Psychiatric Advance Directives
www.nrc-pad.org